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CDFW photo by Jeb Bjerke

How Were California's Vernal Pools Impacted By This Year's Winter Storms?

Vernal Pools

Q: How were California's vernal pools impacted by this year's winter storms?

A: Vernal pools are a type of temporary wetland that support many native animal and plant species in our state including the California tiger salamander, vernal pool fairy shrimp and annual plants such as goldfields, downingia and succulent owl's clover. Vernal pools are found in locations throughout the state including the San Francisco Bay Area, Central Valley and coastal terraces in Southern California. An important quality of vernal pools is their hard underground layer which prevents water from draining downward into subsoils. Because of this underground layer, vernal pools are typically filled with water during the rainy season. In springtime, water gradually evaporates until pools

become dry in summer and fall. Colorful displays of vernal pool wildflowers are often visible in spring as pools dry. Native species have adapted to this unique annual cycle of inundation, gradual evaporation and dryness.

Large storm events, like this year's series of atmospheric rivers, typically fill pools to their maximum level which causes excess water to spill into adjacent areas. The resulting assemblage of plants can vary from year to year depending on when and for how long the vernal pools were filled with water. No two years are the same. Some vernal pool plant species may do well during wet seasons, and some may do better in years that are less wet. Many annual plants have seeds that can remain dormant for years, which is an adaptation that allows them to survive extended drought periods and flourish

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California Outdoors Q&A

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in wet years like this one. Additionally, increased precipitation can boost food resources and improve breeding and rearing habitat for wildlife.

Wolverine

Q: I enjoyed reading about the wolverine that was observed in the Eastern Sierra. What type of follow-up work does CDFW do to learn more about the animal?

A: Yes, CDFW confirmed last month that multiple sightings of what is believed to be the same wolverine occurred in Inyo, Mono and Tuolumne counties. The detections are exciting given that only two wolverines have been confirmed in California during the last 100 years. CDFW is conducting follow-up field work in the vicinity of the sightings. Our scientists and field staff set up remote cameras with bait and scent lures intended to attract the wolverine.

We also set up hair snares to collect samples for genetic analysis. Additionally, we scoured the sighting areas for tracks and scat. The goal is to obtain genetic samples from the wolverine so we can determine its sex and potentially where it originated from.

Identifying Fish Species

Q: I'm a new angler and can't tell fish species apart. Does CDFW offer a guide that I can print or buy?

A: CDFW's Marine Region has a comprehensive Fish and Shellfish Identification web page which includes species identification information for many common recreational species. Additional information can be found on the Marine Species Portal which offers species information and data on habitat types and food sources.

For freshwater (inland) fish in California, there's plenty of great information on CDFW's Inland Sport Fishing web page. We suggest looking up lakes

or areas where you'll be fishing ahead of time to determine which species occur there. You can then study up on those species before heading out to fish. This approach will help you choose proper tackle and assist in correctly identifying species once you catch them.

UC Davis' California Fish Website is another valuable resource with information on various native and non-native species found in California's bodies of freshwater.

In addition to the options above, there are quite a few apps you can download to a smartphone to help you identify species while in the field.

For additional resources for new anglers and hunters visit CDFW's R3 web page. ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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Managing Insects and Diseases in the Garden

by Melinda Myers

A BIT OF PREVENTION goes a long way in minimizing insect and disease problems in the garden. Enlist a holistic approach known as Plant Health Care to manage your ornamental and edible gardens. It starts with proper plant selection and care and ends with using the most eco-friendly controls when problems do occur.

Start by selecting plants suited to the growing conditions. Match your plants to the light, soil and other growing conditions in your yard. You'll have healthier plants that require less ongoing care and are less prone to pests, helping to increase your gardening success.

Look for and purchase the most pest-resistant plants available. Garden phlox and bee balm are frequently attacked by powdery mildew. Purchase mildew-resistant varieties like Backlight with white flowers, Glamour Girl with hot coral pink blossoms, and the Ka-Pow series that comes in a variety of colors. Look for mildew-resistant bee balm varieties like the Sugar Buzz series in shades of lavender, pink and red, and the compact Balmy series to reduce the risk of this disease.

Provide proper care throughout the growing season. Water thoroughly and only as needed to encourage a deep robust root system better able to absorb needed nutrients and water. Apply water directly to the soil and early in the



Photo courtesy of MelindaMyers.com Powdery mildew disease on phlox.

morning to reduce the risk of disease and water loss to evaporation. Mulch the soil surface with shredded leaves and evergreen needles to conserve moisture, suppress weeds and improve the soil. This one task provides many benefits to you and your plants.

Avoid over-fertilization. Excess nitrogen promotes lush succulent growth that is more susceptible to insects and disease and may interfere with flowering and fruiting.

Check plants regularly and throughout the season for any signs of insects and disease. Look on the upper and lower surface of the leaves and along the stems. It is much easier to treat a small population of insects or pluck off a few diseased leaves than trying to control large pest populations.

Properly identify the pest. Most insects, over 97 percent, are good guys that pollinate our plants, eat insect pests, and help compost plant waste. Knowing the good from the bad and the harmful from those that are just annoying can save you time, money and frustration. Consult your University Extension's website, local botanic gardens, and other horticulture professionals for help with diagnosing and treating problems.

And if control is needed, look for eco-friendly options. A thorough cleanup

is often enough to reduce insect and disease problems to a tolerable level. Spraying plants with a strong blast of water to dislodge aphids and mites,

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Managing Insects

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knocking problem insects into a can of soapy water, or removing spotted leaves may be all that's needed.

Use barriers like floating row covers to prevent damage from cabbage worms and bean beetles. University research has found that with proper timing these products can also help reduce the risk of squash vine borer, squash bugs and cucumber bacterial wilt.

If you opt for chemical control, look for an organic or the most eco-friendly product labeled for managing disease or insect pests. As always, read and follow label directions for the best and safest results.

Enlisting a holistic approach allows you to work with nature to grow a beautiful and productive garden. ♦

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition, and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www.MelindaMyers.com.

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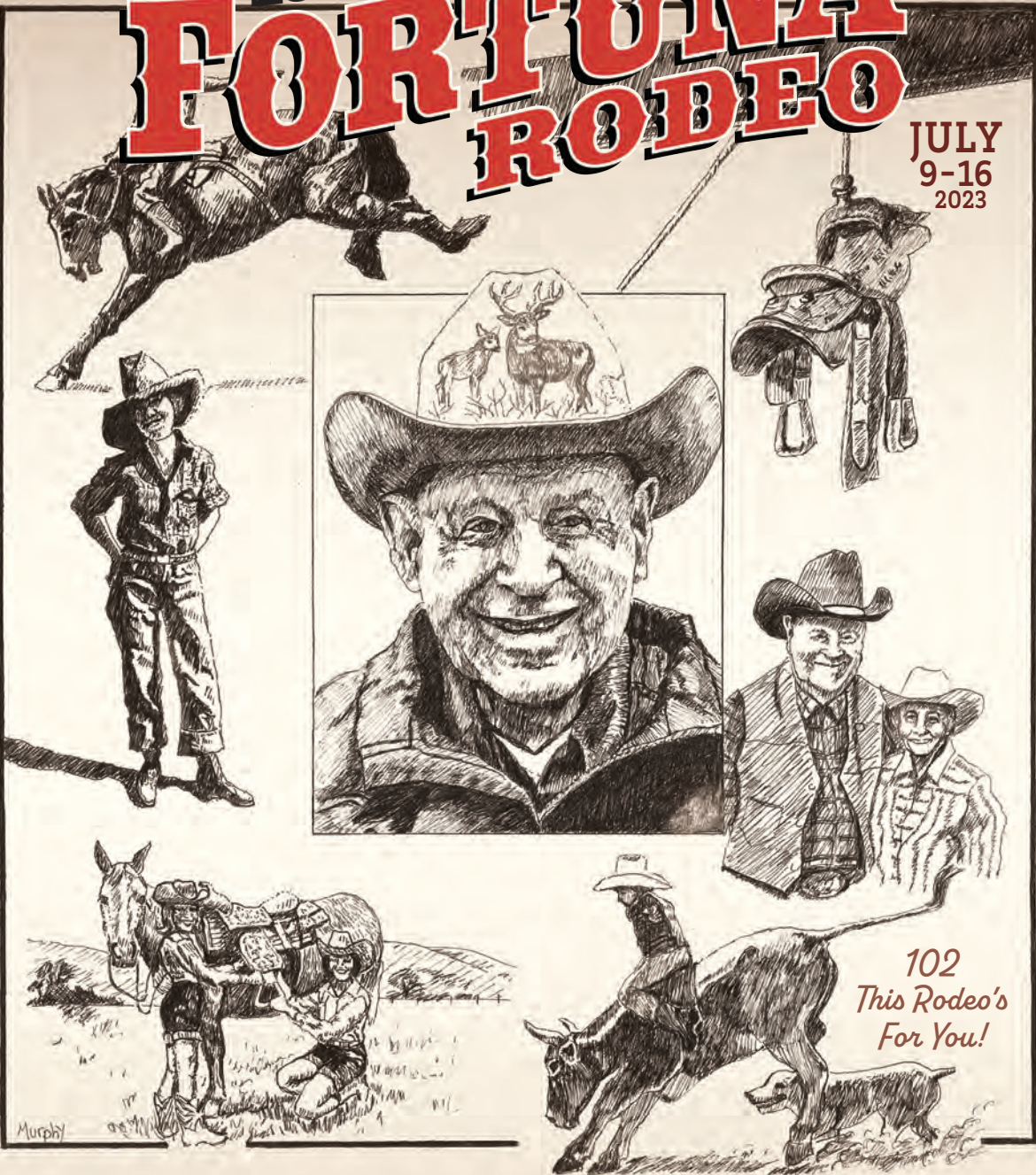


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It's BBQ Season. Do You Know Where Your Beef Came From?



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(STATEPOINT) As barbecue season heats up, you may be wondering how to square your love for T-bone steaks and spareribs with your concern for the environment. The good news? Science is delivering new, game-chang-

ing solutions to tackle the environmental footprint of the beef and livestock industries.

The Problem

Approximately 9 million dairy cows, 90 million beef cattle, 60 mil-

lion swine and billions of poultry in the United States produce more than 100 times more organic waste than humans; but where human waste makes its way to a septic tank or sewage treatment plant, livestock waste is usually

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BBQ Season

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spread untreated on the ground as fertilizer.

While this practice has short-term agricultural benefits, it's ultimately a major contributor to a number of environmental and health issues. Phosphorous, nitrogen (mostly as ammonia), pathogens and bacteria from manure run off the soil and pollute waterways. This nutrient runoff fuels increasingly toxic algae blooms in fresh, estuary and coastal salt waters, creating areas where most aquatic species can't survive. What's more, the highly mobile and volatile nitrogen from ammonia in animal waste can become airborne, a difficult and expensive to control problem that poses significant health risks to humans.

Finally, the 1.5 billion tons of manure generated in the United States annually also plays a major role in climate change. Manure emits carbon

dioxide, methane and nitrous oxide, all of which are potent greenhouse gases.

New Solutions

An advanced livestock waste collection, treatment and recycling system from Bion Environmental Technologies Inc. is transforming manure from a liability to an asset. It starts with an innovative barn design that houses the livestock, collects waste, and feeds the treatment system on a continual basis. This patented technology not only provides comprehensive waste treatment that neutralizes pathogens, bacteria and ammonia and minimizes greenhouse gas emissions, but also produces superior organic, and climate- and water-smart, fertilizers with a low carbon footprint, as well as generates clean water and renewable natural gas.

Typical beef production uses an extraordinary amount of water, particularly from crops for feed. With

Bion, 30 percent of the waste stream is processed into recycled, clean water. And, thanks to precise application of organic and climate-smart fertilizers produced by the system, the resulting soil is healthier with a better balance of nutrients. In short, more abundant crops are produced, less water is used and greenhouse gas emissions are reduced.

Along with environmental stewardship and resource efficiency at the forefront of the technology's design, experts have been retained to ensure that animal accommodations, hygiene, care and feeding are all optimized for animal health and welfare. To learn more, visit bionenviro.com.

"Today's consumers want sustainable, transparent and 'better for you' food," says Bill O'Neill, Bion's CEO. "Through innovation, we are bringing real beef to tables that is both sustainable and ethical." ♦



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Pain in Your Foot or Ankle? It Could Be Arthritis

(STATEPOINT) Arthritis in the feet and ankles can produce swelling and pain, deformity, loss of joint function and loss of mobility. Whereas previous generations had to accept this as a normal part of aging, an explosion of new therapies and surgical treatments is offering patients today both hope and relief. For best results however, foot and ankle surgeons urge early intervention.

“When it comes to arthritis, it’s important not to tough out symptoms or bear the pain,” says Danielle Butto, DPM, FACFAS, a foot and ankle surgeon and Fellow member of the American College of Foot and Ankle Surgeons (ACFAS). “Earlier treatment is not just about alleviating symptoms sooner. In many cases, we can even slow the progression of the symptoms, and use less invasive procedures to treat the condition than we would otherwise.”

Understanding the early warning signs of arthritis, the progression of different forms of the disease and the new treatments available are important for getting the proper treatment and managing your symptoms.

Osteoarthritis

Osteoarthritis is a degenerative condition characterized by the breakdown and eventual loss of cartilage in the joints.

One common area where osteoarthritis occurs is the big toe. The big toe makes it possible for you to walk and run upright, absorbing forces equal to nearly twice your body weight when walking. With all it endures, it’s no surprise that overuse can erode cartilage, causing serious pain and even physical deformities. Nevertheless, many people confuse big toe arthritis, also known as hallux rigidus, with bunions.

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Pain in Your Foot or Ankle?

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Early signs of hallux rigidus include pain and stiffness during use, or during cold, damp weather, difficulty with activities like running and squatting, and swelling and inflammation around the joint. Additional symptoms may develop over time, including pain during rest, bone spurs, limping, and dull pain in the hip, knee or lower back due to

changes in gait.

If you notice any of these symptoms, see a foot and ankle surgeon. Conservative treatments like shoe modifications, orthotic devices and physical therapy, may prevent or postpone the need for surgery. If you have mid- to end-stage arthritis in your foot or ankle, you may require next steps, such as ground-breaking cartilage regeneration treatment, implant surgery or the surgical removal of damaged cartilage and spurs, all of which have quick recovery periods.

"People with this disorder tend to suffer much longer than they need to," says Dr. Butto. "They're often pleasantly surprised when they find out their problem can be fixed."

Rheumatoid Arthritis

Rheumatoid arthritis (RA) is a disease in which certain cells of the immune system malfunction and attack healthy joints. Foot problems caused by RA commonly occur in the ball of the foot near the toes, although RA can also affect other areas of the foot and ankle. The most common signs and symptoms are pain, swelling, joint stiffness and

difficulty walking, as well as a range of deformities, including rheumatoid nodules, dislocated toe joints, hammer-toes, bunions, heel pain, Achilles tendon pain and flatfoot ankle pain.

As part of a team that includes a primary doctor or rheumatologist, your foot and ankle surgeon will develop a treatment plan aimed at relieving associated pain, which may include orthotic devices, accommodative shoes, aspiration of fluid build-up and steroid injections. When RA produces foot pain and deformities not relieved through other treatments, surgery may be required.

"Listening to your body and seeing a foot and ankle surgeon are so important. With today's scientific advances, treatment can reduce pain and restore you to your previous mobility, strength and functionality," says Dr. Butto.

For more information on foot and ankle arthritis or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons. ♦

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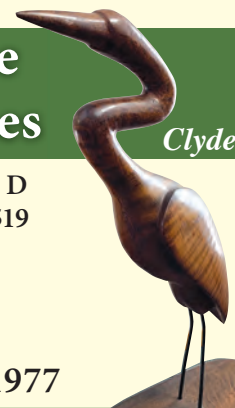
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Turn up the Flavor This Summer With Bold, Bright Meals

(STATEPOINT) From the hearty and warm flavors of winter to the bold, rich and bright flavors of summer, herbs and spices are not only a delicious and better-for-you addition to any dish, they can transform it into unforgettable memories.

Summer is the perfect time of year to celebrate food, flavor and time with family or friends. As you prepare for all this season's gatherings, remember to shop carefully, as freshness is essential when it comes to herbs and spices.

"Fresh flavors and aromas are strong triggers that ensure that experiences today are remembered tomorrow," says Giovanna DiLegge, vice president marketing, North America Consumer at McCormick, a global leader in flavor.

That's why for the first time in nearly 40 years, McCormick is debuting a brand new design for its red cap branded products that audibly seals in aromas and flavors, for long-lasting freshness of herbs and spices. And to help you make the most of summer, McCormick

is sharing this recipe for Fresh Peach Pie, which incorporates rich and bright summer fruits, and a sweet note of cinnamon spice:

Ingredients:

3 pounds fresh peaches, peeled, pitted and sliced (about 7 cups)

½ cup plus 3 tablespoons sugar, divided

1 teaspoon lemon zest

1 tablespoon fresh lemon juice

¼ teaspoon plus 1/8 teaspoon salt, divided

1 ½ teaspoons McCormick Ground Cinnamon, divided

1 package (14.1 ounces) refrigerated pie crusts, (2 crusts)

3 tablespoons cornstarch

1 tablespoon McCormick All Natural Pure Vanilla Extract

1 tablespoon water

Instructions:

1. Mix peaches, ½ cup of sugar, lemon zest and juice, and ¼ teaspoon of salt in

CONTINUED ON NEXT PAGE →

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THE NORTH COAST'S COMPLETE
Wedding Guide

Bright Meals

← CONTINUED FROM PREVIOUS PAGE

large heat-safe bowl until well blended. Let stand 30 minutes. Drain peaches, reserving 8 tablespoons of juice. Return peaches to bowl; sprinkle with 1/2 teaspoon of cinnamon. Set aside.

2. Meanwhile, prepare pie crust as directed on package. Roll each crust into 12-inch circles on lightly floured surface. Press 1 crust into bottom of 9-inch pie plate. Cut remaining crust into 10 strips, about 1-inch wide. Refrigerate pie plate with bottom crust and prepared strips until ready to assemble pie.

3. Preheat oven to 425 degrees F. Mix 2 tablespoons of remaining sugar, remaining 1/8 teaspoon salt, remaining 1 teaspoon cinnamon and corn starch in small bowl. Add 2 tablespoons of reserved peach juice to cornstarch mixture, whisking to mix well; set aside.

4. Place remaining 6 tablespoons peach juice in small saucepan. Bring to simmer on medium-low heat. Stir in

vanilla. Whisk cornstarch slurry into saucepan. Cook and stir just until thickened and smooth, about 30 seconds. Remove from heat. Pour syrup mixture over peaches; toss to coat. Allow to cool slightly.

5. Spoon peach mixture into chilled pastry-lined pie plate. Arrange pie dough strips over top to create a lattice (see below for instructions). Trim dough strips about 1/2-inch longer than bottom pie crust. Fold strips underneath crust and pinch to adhere. Crimp or flute crust edges, as desired. Brush lattice with water and sprinkle evenly with remaining 1 tablespoon sugar. Place pie plate on large shallow baking pan.

6. Bake 25 minutes or until crust is lightly browned. Reduce heat to 375 degrees F. Rotate pan. Bake 30 to 35 minutes longer, until crust is golden brown and filling is bubbly. Cool on wire rack. Serve with vanilla ice cream, if desired.

How to weave a lattice top crust: Using longer strips for the center of pie

and shorter strips for edges, arrange 5 pie dough strips vertically over top of filling, leaving about 1 inch of space between each strip. Fold back every other strip (2 and 4) to just above midline of pie. Place one of the longer strips across pie horizontally, just below the fold. Fold vertical strips back down over top of the horizontal strip. Fold back the opposite vertical strips (1, 3 and 5) and place another strip below the first horizontal strip, again leaving about 1 inch of space between them. Fold vertical strips back down over top. Repeat this process with one more strip below, and then 2 strips above first crosswise strip. Work quickly, as the warm filling may make the dough difficult to work with.

After 15 to 20 minutes of baking, cover edge of crust with foil strips to prevent excessive browning.




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Vegan Curious? Here's How to Get Started

(STATEPOINT) Following a vegan diet doesn't just reduce one's impact on the environment, it's associated with a range of health benefits, making it no surprise that a plant-based food movement is on the rise.

"With more than 100,000 internet searches per month for 'vegan recipes' and 'vegetarian recipes,' it's clear there is high demand for plant-based meals," says Chef Fred Scarpulla, chief culinary officer at Amy's Kitchen, an organic and vegetarian food company.

A recent national survey commissioned by Amy's Kitchen and conducted by Atomik Research finds that 52 percent of Americans are vegan-curious, and men are even more inquisitive, with nearly 3 in 5 revealing an interest in cutting out animal products.

Every individual may have their own unique reasons, but the survey revealed Americans' most common motivators for purchasing or eating plant-based foods were their health (55 percent), a desire to protect the environment (34 percent) and a preferred taste of plant-based ingredients (28 percent). No matter why you're considering a vegan lifestyle, actually adopting one is not always easy. In fact, 72 percent of parents in households with dietary restrictions say finding prepared foods that meet their family's needs is very or extremely challenging.

"Cutting down on meat and incorporating more plant-based foods into your diet doesn't have to be complicated or restrictive," says Chef Fred.

Whether you're transitioning to a vegan diet, incorporating meatless



StatePoint.net

Mondays into your routine or simply curious about meatless cooking, Chef Fred offers the following tips to help you get started:

- **Don't restrict yourself:** While going vegan may sound like it's all about cutting foods out, it's actually an opportunity to explore new flavors and ingredients you may not have tried before, and to indulge in vegan-friendly cuisines from around the world, such as Indian food and Thai food. Plus, these days, vegan alternatives to a number of favorite comfort foods, like enchiladas, pizza and even mac and cheese, abound.

- **Keep it simple:** As you build your repertoire of go-to vegan meals, take a mental inventory of your family's favorite dishes. Many of them may already be vegan, or able to made vegan with a few tweaks. Also, be sure to check out online resources offering vegan meal plans, which can help ensure your overall diet is balanced, satisfying and delicious.

- **Look for shortcuts:** Creating meals from scratch is not always possible for busy families. In fact, 56 percent of Americans want shortcuts to plant-based meals. Luckily, there are a grow-

ing number of convenient vegan meal options available. Amy's Kitchen, for example, is founded on the principle that everyone should be able to enjoy a delicious, convenient meal, even those with dietary restrictions, which is why they don't use meat, peanuts, fish, shellfish or eggs in any of their recipes, and why they offer gluten-free and kosher options.

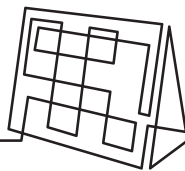
The brand, which works with farmers using organic and regenerative farming practices to lessen its impact on the planet, has an expanding vegan menu that includes snacks, breakfast, lunch and dinner options, making it easy to ensure your diet aligns with your values and your desire to eat healthfully.

- **Get creative:** To reduce prep work, follow recipes that start with already prepared vegan foods. Visit amys.com/eating-well/recipes to access Amy's Kitchen's library of healthy vegan recipes.

"Whether you choose to go fully vegan or simply want to incorporate more plants into your diet, rely on solutions that make it easy, convenient and delicious," says Chef Fred. ♦

Calendar

June 29 - July 13, 2023



Virtual World

ARTS & CULTURE

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Internet, Online. A live open mic poetry reading on Zoom on the last Thursday of each month. Teens and adults share poems in any form or style, or just listen. Email registration required. Free. carrm@mendocino-county.org.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Tuesdays. Virtual World, Internet, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. [englishexpressemPOWERED.com](https://www.englishexpressemPOWERED.com). (707) 443-5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Virtual World, Internet, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. [foodforpeople.org/volunteering](https://www.foodforpeople.org/volunteering). (707) 445-3166, ext. 310.

Del Norte County

ARTS & CULTURE

Vixen. Sat., July 1, 7 p.m. Elk Valley Casino, 2500 Howland Hill Rd., Crescent City. All-female American rock band that specializes in melodic hard rock, glam and pop-metal. With locals Black GTO opening. Tickets

online. \$30-\$50.

LIFESTYLE & COMMUNITY

Del Norte Fair Country Market. Saturdays, 10 a.m.-2 p.m. Del Norte County Fairgrounds, 421 US-101, Crescent City. Crafts, food, plants, antiques, produce and more.

Downtown Crescent City Farmers & Artisans Market. Wednesdays, 9 a.m.-2 p.m. Downtown Crescent City, 890 Third St. Vendors offer a variety of items that include locally grown produce, handmade craft items, ready-to-eat food, and more. Located on Front & K streets.

Fourth of July Festival and Fireworks. Tue., July 4, 10 a.m. Beachfront Park, 377 J St., Crescent City. Parade through downtown starting at 10 a.m. Live music by ZZ Tush, Bad Jovi, The Mighty Steelheads, food, a beer garden, arts and crafts, merchandise and vendors. Fireworks at dusk (visible from all Crescent City beaches).

Harbor Farmers Market. Saturdays, 9 a.m.-1:30 p.m. Crescent City Harbor District, 101 Citizens Dock Rd. Shop for local fruits, vegetables, bread, meat and eggs, plus home-made crafts, delicious food and fresh flowers at Crescent City's scenic harbor and marina.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Humboldt County

ARTS & CULTURE

'No Strings Attached' Trivia. Tuesdays, 6 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Enjoy trivia games hosted by local comedians and compete for prizes. Trivia is followed by a feature comedy show at 9 p.m. Free. info@savagehenrycomedy.com. [savagehenrycomedy.com](https://www.savagehenrycomedy.com). (707) 845-8864.

Art Club. First Wednesday of every month, 6:30-8:30 p.m. Redwood Retro, 211 G St., Eureka. Come for the conversation and bring your own project or get materials and instruction for an additional fee. Sign up and this month's project online. \$22. [stained-host.com](https://www.stained-host.com).

Arts Alive. First Saturday of every month,

6-9 p.m. Historic Old Town Eureka, Second Street. Art, and a heap of it, plus live music. All around Old Town and Downtown, Eureka. Free. eurekamainstreet.org. (707) 442-9054.

Bare Elegance Burlesque Show. Fri., June 30, 7-10 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Magical "Kindred Spirits" show. Doors at 7 p.m., show at 8 p.m. Tickets online and at the door. \$15, \$12 advance. bareeleganceburlesque.com.

Blueberry Hill Boogie Band. Sat., July 1, 6-9 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Enjoy some hip shaking, good times rock & roll, soul and swing. Free. redwoodcurtainbrewing.com. (707) 826-7222.

Buddy Reed and His Fabulous Rip it Ups. Fri., June 30, 8 p.m.-midnight. Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Blues and roots rock. lostmindranch@gmail.com. buddyreedblues.com.

But Wait ... There's More. Fridays, 11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. In late night TV style, Mark Sanders hosts a panel of comedians for jokes, comedy games and banter. Snacks, drinks, friendly atmosphere. All ages w/caution for language. \$5. savagehenrycomedy.com. (707) 845-8864.

Cornell Reid. June 30-July 2, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. LA-based comedian and writer originally from Humboldt. \$15. savagehenrycomedy.com. (707) 845-8864.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Drink & Draw. Thursdays, 6 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Self-guided art space and place hosted by Jessica Grant. Bring your own supplies or use ours. Snacks, drinks, friendly atmosphere. All ages w/caution for language. Ages 21 and up. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Farm to Table: Late Night Comedy. Saturdays, 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Fieldbrook Winery Thursday Evening Concert Series. Thursdays, 5:30-8 p.m. Fieldbrook

Winery, 4241 Fieldbrook Road. Enjoy live music every Thursday night outdoors at the Fieldbrook Winery. June 29: FireSign. fieldbrookwinery.com.

Figure Drawing at Synopsis. Thursdays, 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. \$5. synopsisperformance.com. (707) 362-9392.

Figure Drawing. Wednesdays, 6-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. \$5. blondiesfoodanddrink.com.

Fort Humboldt Historic Tour. Saturdays, 1 p.m. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. Join interpreter William on an hour-long walking tour of the park. Meet at the flag pole next to the parking lot. Free.

Friday Night Jazz. Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Live local jazz with the Opera Alley Cats. Free. elvisate-mydonuts@hotmail.com. (707) 444-2244.

Grown Up Movie Night at HBSC. Tuesdays, 6-8 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Drinks and snacks available while you watch classics and get cozy in the Lobby Bar. Movie titles are listed

online. Free. humboldtbaysocialclub.com/our-events. (707) 502-8544.

Grown Up Movie Night. Sundays, 6-8 p.m. Scotia Lodge, 100 Main St. Finish off the weekend with classics in the lounge. Food and drinks available at the lodge's Main & Mill restaurant. Movies are PG/PG-13 and titles are listed online. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

HBG's Summer Music Series. First Sunday of every month, 1-3 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods campus, north entrance, Eureka. Catered by Stephanie's Home Cooking with local beer and wine, or bring your own picnic lunch. Non-service dogs are not allowed. July 2 - Scotia Band hbgf.org. (707) 442-5139.

Hip Hop Humboldt. Sat., July 1. Arcata Playhouse, 1251 Ninth St. More info available online. arcataplayhouse.org.

Hip Hop Thursdays. Thursdays, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Chuck Angeles, Starcata and Pressure. Free. thejamarcata.com. (707) 822-5266.

IF4 - International Fly-Fishing Film Festival.

Thu., June 29, 7-9:30 p.m. Arcata Playhouse, 1251 Ninth St. The world's leading fly-fishing film event. Hosted by California Trout. \$10 for seniors (over 60) and youth (under 16). flyfilmfest.com/.

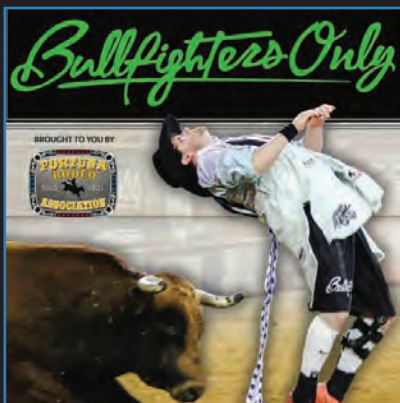
Kinky Boots. Fridays, Saturdays, 8-10 p.m. and Sundays, 2-4 p.m. Ferndale Repertory Theatre, 447 Main St. A drag queen comes to the rescue of a shoe factory and its owner. Based on the 2005 film and inspired by a true story. \$20. info@ferndalerep.org. app.arts-people.com/index.php?actions=10&p=462. (707) 786-5483.

Live Music at Fieldbrook Winery. Sundays, 1:30-4 p.m. and Saturdays, 1:30-4 p.m. Fieldbrook Winery, 4241 Fieldbrook Road. Outdoor weekend music series. Saturdays will feature electric bands. Sundays will offer more acoustic or semi-acoustic folk and American groups or quieter jazz combos. Free admission. fieldbrookwinery.com.

Live Music at FM. Fridays, 6-8:30 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. Every Friday, local bands play folk, bluegrass, Americana. Always family friendly. Check Facebook or Instagram for

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Calendar

← CONTINUED FROM PREVIOUS PAGE

the lineup. Free. fieldbrookmarket@gmail.com. (707) 633-6097.

Live Music at RCB. Thursdays, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Live music on the outside patio. Full schedule online. Free. redwoodcurtainbrewing.com. (707) 269-7143.

McKinleyville Community Choir Rehearsal. Thursdays, 6:30-8:30 p.m. Arcata Presbyterian Church, 670 11th St. Join if you like to sing or play an instrument. Reading music or prior experience not necessary. Rehearsals are every Thursday evening. ccgreene46@gmail.com. (831) 419-3247.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic in the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Pros and Context. Fridays, 7-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Taking on a new state each week to explore its pros and cons through improv comedy. Snacks, drinks. All ages w/caution for language. Free. savagehenrycomedy.com. (707) 845-8864.

Reggae Last Thursdays w/Sarge One Wise. Last Thursday of every month, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Sarge One Wise, The Wisdom Band and other guests. \$5, free for students. thejamarcata.com. (707) 822-5266.

Renaissance Church. Sat., July 1, 3-4 p.m. Synapsis Collective, 1675 Union St., Eureka. Full body Zumba-style workout to Beyonce's *Renaissance* album. Hip hop, twerk, ballroom and dancehall choreography. Warm up, easy-to-follow routines, cool down and full body stretch. Free, \$5 suggested donation. admin@mohdcreates.com. fb.me/e/10HHXR69n.

RLAD Jazz/Fusion. Mondays, 5-8 p.m. Larrupin' Cafe, 1658 Patricks Point Drive, Trinidad. Popular jazz/fusion quartet blending the RLA trio with L.A. studio guitarist Doug Marcum. Tim Randles (keyboard), Doug Marcum (guitar), Ken Lawrence (bass), Mike Labolle (drums). Free. timrandlespiano@gmail.com. thelarrupin.com. (707) 677-0230.

Sketchy Wednesdays Eureka. Every other Wednesday, 11 a.m.-10 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Drink a beer and sketch the subject matter provided. The best drawing wins a \$20 gift card. Free.

Sketchy Wednesdays. Wed., July 5, 11 a.m.-10 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Drink some beer and sketch. Submit your drawing of the provided subject for a chance to win a \$20 gift card. Free. redwoodcurtainbrewing.com. (707) 826-7222.

Stand-up Comedy Workshop. Sundays, 7-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Led by local stand-up comic Jessica Grant. Bring a pen or pencil, and circle up to talk shop about jokes. Open to anyone interested in performing stand-up comedy. Drop-ins welcome. Free, donations accepted. JessicaGrantComedy@gmail.com. savagehenrycomedy.com. (707) 845-8864.

Summer Concert Series. Thursdays, 6-8 p.m. Madaket Plaza, Foot of C Street, Eureka. Open-air music each week on Eureka's waterfront. Patino's Mexican Food Truck and Cap's Food Shack will be on-site each week. Presented by Eureka Main Street. June 29, Alameda Allstars (Allman Brothers Tribute); July 6, Fargo Brothers (rhythm and blues). Free. eurekamainstreet.org.

Sunday Jazz Jams. Sundays, 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

Sunday Open Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get five minutes. Zero hate speech tolerated. All-ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Turntable Tuesdays Arcata. Every other Tuesday. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Join vinyl lovers to share your treasures and play them in house. Free. redwoodcurtainbrewing.com. (707) 826-7222.

Washington Square Wednesdays. Wednesdays, 6-9 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Bring your

own board and play chess. Snacks, drinks, friendly atmosphere for all-ages. ID to drink. Free, donations accepted. savagehenrycomedy.com. (707) 845-8864.

Wicked Wednesday Comedy. Wednesdays, 8 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Peter Nelson hosts a stand-up open mic with different comedians. Free. sirensongtavern.com.

Word Humboldt Spoken Word Open Mic. Tuesdays, 6-9 p.m. Northtown Coffee, 1603 G St., Arcata. Sign up list goes up at 6 p.m., and the open mic kicks off at 6:30 p.m. Two rounds of open mic poetry and a featured poet. Everyone is welcome, especially new performers. LGBTQ+ friendly. Free. instagram.com/wordhum.

LIFESTYLE & COMMUNITY

Abbey of the Redwoods Flea Market. First Saturday of every month, 8 a.m.-4 p.m. Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. Local arts, products, goods. Free entry.

Arcata Plaza Farmers Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. northcoastgrowersassociation.org. northcoastgrowersassociation.org/arcataplaza.html. (707) 441-9999.

CR Surplus Sale. 10 a.m.-2 p.m. College of the Redwoods, 7351 Tompkins Hill Road, Eureka. Office furniture, hand dryers, DVD players, VHS players, organs, pianos, easels, projectors, vinyl records, ceramic kilns and more. Cash only. In the Creative Arts Building. Laura-Meglemre@Redwoods.edu. (707) 476-4559.

Entrepreneur's Club of Arcata. First Monday of every month, 4-5 p.m. Arcata Main Street, 761 Eighth St. C. Share your ideas. Learn business skills. Network. Open to all. Free. (925) 214-8099.

Family Movie Day at HBSC. Sundays, 2-4 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Bring the family out and get cozy and enjoy favorites rated G-PG. Drinks and snacks available at the Lobby Bar. Movie titles are on listed online. Free. humboldtaysocialclub.com/our-events. (707) 502-8544.

Family Movie Night. Wednesdays, 5-7 p.m. Scotia Lodge, 100 Main St. Bring the family and enjoy classics in the lounge area. Food

and drinks available at Main & Mill. Movies are G-PG and the titles are listed online under events. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

Farm Stand. Saturdays, 10 a.m.-2 p.m. Table Bluff Farm, 101 Clough Road, Loleta. Regeneratively-grown seasonal veggies, flowers, meats and other items made by Humboldt County locals and small businesses. Cash, card, Venmo, Apple Pay and soon to accept EBT payments. info@tableblufffarm.com. TableBluffFarm.com. (707) 890-6699.

Ferndale Fourth of July Parade. Tue., July 4, 12-1 p.m. Ferndale Main Street, Ferndale. A parade on Main Street with fire trucks, patriotic floats.

FOAM Marsh Tour w/Barbara Reisman. Sat., July 1, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Barbara Reisman in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on Marsh plants, history and/or ecology. Free. (707) 826-2359.

Fortuna Farmers Market. Tuesdays, 3-6 p.m. 10th and Main streets, 10th and Main streets, Fortuna. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/fortuna.html. (707) 441-9999.

Fortuna Fireworks Festival. Mon., July 3. Newburg Park, 2700 Newburg Road, Fortuna. Arts and craft vendors, music, barbecue. Fireworks at dusk. Free admission.

Fourth of July Festival. Tue., July 4, 10 a.m. Historic Old Town Eureka, Second Street. Two music stages, multiple city blocks of food and craft vendors and much more. Fireworks over the bay at 10 p.m. Free. eurekamainstreet.org.

Fourth of July Jubilee. Tue., July 4, 11 a.m.-5 p.m. Arcata Plaza, Ninth and G streets. The plaza will be filled with food vendors, craft vendors, games, music and more. arcata@arcatachamber.com. arcatachamber.com. (707) 897-6004.

Friday Night Market. Fridays, 5:30-8:30 p.m. Old Town, Eureka, 317 Third St. A bustling farmers market, arts and craft vendors, bar featuring the Humboldt produced beverages, a variety of food vendors and live music for dancing on three stages. Free. humboldtmade.com/eureka-friday-night-market.

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WILD
FOR SOULS
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Calendar

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Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/garberville.html. (707) 441-9999.

Henderson Center Farmers Market. Thursdays, 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh fruits and vegetables, baked goods, jam, plants and more. Music and hot food vendors. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/hendersoncenter.html. (707) 441-9999.

Humboldt Crabs Baseball. Fridays, 7-10 p.m. Arcata Ball Park, Ninth and F streets. Independent, collegiate, wood-bat baseball games on most Tuesdays (7 p.m.), Wednesdays (7 p.m.), Fridays (7 p.m.) and Saturday nights (6:30 p.m.). Sunday games at 12:30 p.m. Tickets available at Wildberries

Marketplace or online. No tickets at the gates. Gates open one hour prior to start time. Outside food, empty water containers, blankets, folding chairs and credit cards are accepted. \$10. humboldtcrabs@gmail.com. humboldtcrabs.com/schedule/. (707) 840-5665.

Humboldt Flea Market. First Sunday of every month, 9 a.m.-3 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. New location. Browse antiques, collectibles, tools, records, clothes, crafts, pies, jams and more. \$2, free for kids under 13.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Look Closer and Make Connections. First Tuesday of every month, 10 a.m.-5 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. Explore new

exhibits and activities, including marine science, a bear, discovery boxes, microscopes, puzzles, scavenger hunts and more. Tuesday through Friday. \$3 youth, \$6 adult, \$15 family, free for members. natmus@humboldt.edu. humboldt.edu/natmus. (707) 826-4480.

Merriment Monday: Shuffleboard Tournament. Mon., July 3, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Come join in on a casual shuffleboard tournament. Winners take home a prize. Free.

Merriment Monday: Trivia Night. First Monday of every month, 6-9 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Trivia Night! Come join us and test your knowledge while enjoying good friends and great brews. Free. redwoodcurtainbrewing.com. 707-826-7222.

Miranda Farmers Market. Mondays, 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. Fresh fruits and vegetables, plant starts, flowers and more. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/miranda.html. (707) 441-9999.

Monthly Meeting VFW Post 1872. First Tuesday of every month, 6-7 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Calling all combat veterans and all veterans eligible for membership in Veterans of Foreign Wars to meet comrades and learn about events in the renovated Memorial Building. Free. PearceHansen999@outlook.com. (707) 443-5331.

Old Town Eureka Tours. Saturdays, 12-1:30 p.m. Clarke Historical Museum, Third and E streets, Eureka. A behind-the-scenes look at local history hosted by the Eureka Community Services Department. No registration required. clarkemuseum.org. (707) 441-4080.

Pioneers Art and Craft Show. Sun., July 2, 11 a.m.-6 p.m. Community Clubhouse, 1555 Upper Pacific Drive, Shelter Cove. Enjoy a variety of local talent, from the established and well-known, to the up-and-coming. Food and drinks will be available, benefiting the Whale Gulch School and the Shelter Cove Pioneers. (619) 990-8346.

Plant Exchange. Sat., July 1, 1-4 p.m. Soot Sprite Farms, 3040 Central Ave., McKinleyville. Plants, seeds, plant-related items to buy, trade or give away. Dress in layers, bring a picnic or snack for yourself or to share. Free. Sootspritefarm@gmail.com.



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com.facebook.com/events/s/free-plant-exchange/595500972682542/?mibextid=RQdjQZ. (310) 673-9000.

Sea Goat Farmstand. Saturdays, 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Fresh veggies grown on site, local eggs and sourdough bread. Work from local artists and artisans. flowerstone333@gmail.com. (530) 205-5882.

Shelter Cove Farmers Market. Tuesdays, 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. Fresh fruits and vegetables, meat, flowers and more. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/sheltercove.html. (707) 441-9999.

Tacos and Art Night at the Sanctuary.

Tuesdays, 6-9 p.m. The Sanctuary, 1301 J St., Arcata. Potluck tacos from 6 to 7:30 p.m. We'll make fresh tortillas, you bring a taco topping (or donation), share a meal and everybody cleans up. Art from 7 p.m. Bring a project or join one, supplies provided. \$5-\$10. together@sanctuaryarcata.org. sanctuaryarcata.org.

The Skunk Grow-Off Drop Off. Thu., June 29, 3-6 p.m. Satori Wellness, 1551 Nursery Way, McKinleyville. A cannabis grow-off using the Legacy Project Skunk #1 No.3. \$200 entry. lele@humboldtgrace.org. satoriwellness.org/skunk-off. (707) 672-4254.

Trinidad Artisans Market. Sundays, 11 a.m.-3 p.m. Trinidad, Downtown. Art, crafts, live music and barbecue. Next to Murphy's Market.

Willow Creek Farmers Market. Thursdays, 4-7 p.m. Veteran's Park, 100 Kimtu Road, Willow Creek. Fresh fruits and vegetables, fish, artisans and more. Music and hot food vendors. No pets are allowed, but trained,

ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/willowcreek.html. (707) 441-9999.

NIGHTLIFE

Humboldt Bounsklee League. Mondays, 6-8 p.m. Humboldt Brews, 856 10th St., Arcata. Weekly league nights. Purchase of any wood bounsklee from Humbrews or the website includes one-month family membership for future events. All ages. Free. bounsklee@gmail.com. bounsklee.fun. (707) 601-9492.

Karaoke w/Dustin. Mondays, 9 p.m.-1 a.m. The Jam, 915 H St., Arcata. Karaoke night. Free. thejamarcata.com. (707) 822-5266.

Karaoke. Tuesdays, 8 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Pick a song and sing.

Paranormal Open Mic Night. First Monday of every month. The Siren's Song Tavern, 325 Second St., Eureka. Peter Nelson hosts this podcast-style open mic where audience members share experiences with the unexplained and paranormal. sirensongbar@gmail.com. sirensongtavern.com. (707) 599-8986.

Pints For Nonprofits - Humboldt Spay/Neuter Network. Sat., July 1. Lost Coast Brewery, 1600 Sunset Drive, Eureka. Drinks, music, food. Benefitting Humboldt Spay/Neuter Network. lostcoast.com.

Reel Genius Trivia Wednesdays. Wednesdays, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. General trivia; fun for everyone. Free to play, win prizes. Max seven players per team. partners@reelgeniustrivia.com. fb.me/e/2ewBnU7oH. (707) 601-1606.

Science on Tap. First Wednesday of every month, 6-7:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Education can

be fun! Come and drink some beer and hear a local professor blind you with science. Free. blondiesfoodanddrink.com.

Throw 'Em Back Thursdays. First Thursday of every month, 9 p.m. Wave Lounge, Blue Lake Casino, 777 Casino Way. DJ Statik spinning throwback, hip hop and R&B. Free. bluelakecasino.com/entertainment/wave.

Thursday-Friday-Saturday Canteen.

Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Trivia Night. First Monday of every month, 6-9 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Test your knowledge while enjoying craft beer. The winning team wins a Redwood Curtain gift card. Free. redwoodcurtainbrewing.com. (707) 826-7222.

Trinity County

LIFESTYLE & COMMUNITY

First Saturdays and Art Walk. First Saturday of every month, 5-8 p.m. Historic Downtown Weaverville, Weaverville. Live music, shopping, dining, Trinity Art Council's Art Walk and other special events and performances. Free.

Weaverville Certified Farmers Market. Wednesdays, 4-7 p.m. The Highland Art Center, 691 Main Street, Weaverville. Fresh, locally grown foods, honey, baked goods, artisanal crafts and herbal medicine. highlandartcenter.org.

Weaverville Fireworks Show. Mon., July 3, 10 p.m. Historic Downtown Weaverville,

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Calendar

← CONTINUED FROM PREVIOUS PAGE

Weaverville. At Weaverville Elementary Field.

NIGHTLIFE

Open Mic Night. Thursdays, 4-7 p.m. Trinity County Brewing Co., 301 Main St. (State Route 299), Weaverville. Food, music, beer and friends.

Mendocino County

ARTS & CULTURE

Mendocino Community Jam. First Sunday of every month, 3-5 p.m. Community Center of Mendocino, 998 School St. A gathering of people who enjoy creating music with others. We'll go around the circle and when it's your turn, you can lead a song, choose a song and ask others to lead it, or pass. Feel free to bring songs to share. The *Rise Up Singing* books are full of good songs. Instruments welcome. Free.

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Mendocino Rotary 4th of July. Tue., July 4, 11 a.m.-4 p.m. Mendocino Rotary Park, 44960 Main St. Food, vendors, music, humane society, face painting, puppets,

Thursday Garden Tours. Thursdays, 1-3 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. These weekly one-hour introductory tours of the Mendocino Coast Botanical Gardens focus on the gardens' many plant collections. Free with regular gardens admission, free for members. gardenbythesea.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah. ♦

HOME COUNTRY

By Slim Randles



"Just about a week now, boys, and Happy Birthday America!"

"Got that right, Herb. You finished with that hot sauce?"

"Here you go," said Steve.

There'll be the annual parade, of course, and each bonafide member of the world dilemma think tank, masquerading in public as the supreme court of dang near everything, would be down there on the street to judge.

Oh, not officially. No one takes notes. This Fourth of July parade isn't big enough to pass out trophies or anything. If they did, it'd say on the trophies something like "best brushed horse in the parade" or "the band that showed up."

But it is a solemn occasion for us. This is our chance to look at the kids walking with their dogs and speculating on what might have happened to last year's dog. Or maybe what combination of back fence romance created this breed.

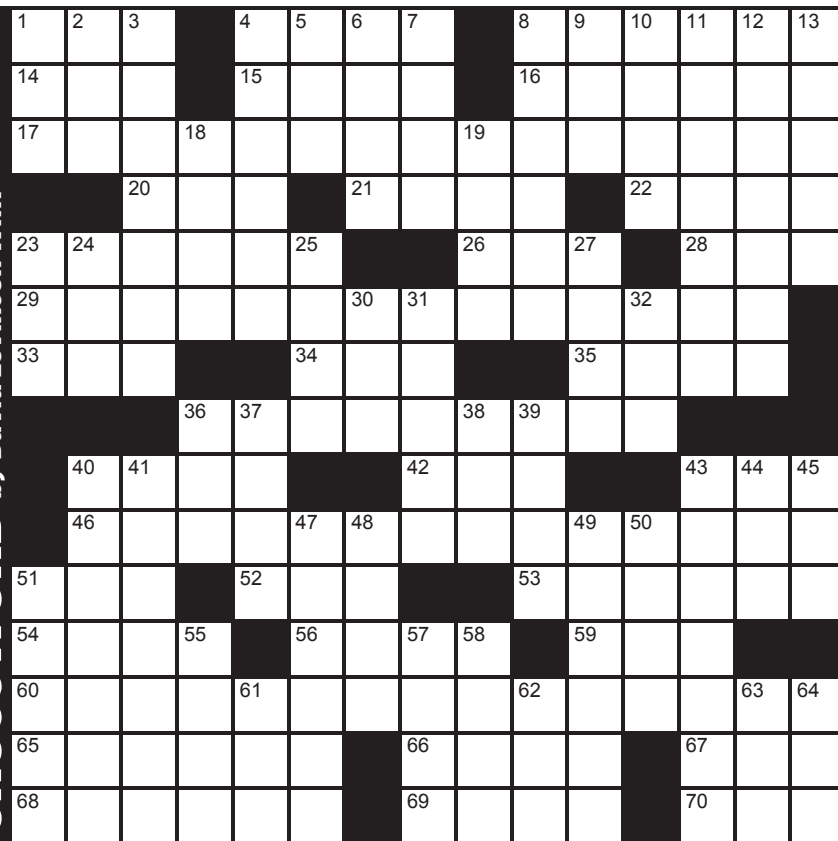
But there's the flag. We'd come just to see the flag. That flag means different things to different people, thought Doc, but to me it means we've been given a country so big and so blessed that we can live here happily and care for each other without having to agree on whose campaign sign we stick in the front yard.

Do we, as a nation, have problems? Sure. Always have. Undoubtedly always will. But we also know there are fixes to these problems as well, and now if everyone would just agree with me on those, what a smart country we'd have!

Happy Birthday America! We love you. ♦

Sponsored by "A Cowboy's Guide to Growing Up Right" by Slim Randles.
<https://www.amazon.com/s?k=A+Cowboy+s+Guide+to+Growing+Up+Right>

CROSSWORD by David Levinson Wilk



WHO WORE IT — Answers in the next edition

ACROSS

1. Clear tables
4. Literary character who says "Thou damned whale!"
8. Shred
14. Gray shade
15. Fashion's Oscar ___ Renta
16. Overstay one's welcome, e.g.
17. She looked "fabulous" at the Academy Awards in 2005 when she won for Best Actress
20. Cereal brand that's "kid-tested, mother-approved"
21. A single time
22. Org. in "Monk"
23. Showed contempt
26. A.A. Milne marsupial
28. Hi___ graphics
29. She looked "gorgeous" at the Academy Awards in 2005 when she was nominated for Best Actress
33. Metric weights: Abbr.
34. 1974 hit "Rock and Roll, Hoochie ___"
35. They're known to have supercolonies consisting of more than one million queens
36. She looked "stunning" at the Academy Awards in 1961 when she won for Best Supporting Actress
40. Distort, as data
42. Korean company that becomes a Finnish company when "no" is tacked on to its front
43. Classic jaguar
46. She looked "amazing" at the Academy Awards in 1988 when she was nominated for Best Actress

DOWN

1. Limbo need
2. Play for a sap
3. They're spent in Israel
4. Mad. Avenue VIP
5. Chop
6. Of all U.S. Supreme Court justices, he's first alphabetically
7. German road
8. Become bored by
9. Lead characters in "Mike and Molly"
10. Downloads for iPads
11. Rodent named for its common presence on the upper floors of buildings
12. Roger Federer won five of them in a row
13. Isn't settled
18. iPhone talker
19. Relative of beige

23. He defeated RMN
24. Neurologist's order, for short
25. Mike who was the NFL's Coach of the Year in 1985 and 1988
27. In the blink ___ eye
30. ___ Kippur
31. Robert who discovered Jupiter's Great Red Spot in 1664
32. 6 on a telephone
36. Seminary subj.
37. Opening words of "A Tale of Two Cities"
38. Fix
39. They may ring or have rings
40. Big collision
41. A peeping Tom may look

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43. through one
43. Hard-to-define quality
44. "Santa Baby" singer Eartha
45. Comments accompanying shrugs
47. Came close
48. "By the power vested ___"
49. What "ipso" means
50. Part of a yard
51. Took care of
55. Actor McGregor
57. Wisc. neighbor
58. Bart and Lisa's bus driver
61. Bob Marley's "___ Love"
62. Dude
63. Cy Young Award consideration
64. Weightlifting unit

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